

# VACATION RECIPES GIVEN BY CABINET OFFICERS AND SENATORS

BY JOHN ELPRETH WATKINS.  
Washington, D. C.

WHAT is your prescription for the vacation most needed by the average American?

During the week I have been asking this question of our tired and toiling Cabinet officers and Senators. As there has been a deal of sameness in the views of a pretty number, I will select for the edification of the reading public which show the greatest contrasts.

This question of the best means of recuperating from the season's strain is now vexing Mr. and Mrs. Public more than any other to which they are devoting grave thought.

Given His Conscience a Holiday.

One public man splashing often into printers' ink these days confessed that his recipe for the vacation best calculated to banish brain fog would be "unprintable." And here we have a benighted gentleman who very evidently shares the philosophy of Master Samuel Butler, who, nearly three centuries back, inquired in verse:

Why should not conscience have vacation  
As well as other courts o' th' nation?

Of much more serious mind were a group of politicians of that class which exists in state of chronic goodfellowship excited by dread of the exacting and hypercritical constituent. These personages either effect contempt for vacations of any variety, "because they interfere with duty to the dear people," or they confide their fear that it may be bad politics to confess in print that they ever indulge in such a frivolity as a holiday not shared by the public. But, he said, with emotions of gratitude to Providence, that such moral cowards constituted a small minority of the gentlemen approached.

**Navy Secretary's Advice.**

"Do something that few others have thought of," is the epitome of the advice given by the Secretary of the Navy, Josephus Daniels.

He added that the vacationist should seek as a diversion something that he has not attempted before.

"Of course," he explained, "my own best vacation would hardly stand as a fair example, because every one couldn't make the trip without subjecting the United States Navy to an undue strain."

"But it furnishes the idea, all right. It is the notion in the right direction. I am in favor of doing something new when I want recreation. Recreation is diversion and diversion is the pursuit of novelty within sane limits."

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## Valeska Suratt's Beauty Secrets. Removing Superfluous Hair



By Miss Valeska Suratt

REMOVING superfluous hair is a problem to many women. On the face, the arms and legs, the hair is often a source of annoyance. Therefore it should be quickly and effectively removed. I have perfected a formula which I believe solves the problem as nothing else has ever done. That is why it has become so tremendously popular. This formula never irritates, reddens or spots the skin. It dissolves the hair as by magic. Try it and you will be convinced. Hundreds of women could beautify themselves to a remarkable degree if they would remove not only the heavy hairs that appear on the face, but the soft down that is so frequently seen on the arms and face. This down is even more often on those whose complexion is very light or very dark.

Get one ounce of simple sulfo solution. This you can get at the drug store for one dollar. Apply it with the finger tips to the superfluous hair, keeping the hair moist with it for two or three minutes until it has been dissolved. Then wipe it off with a damp cloth and wash the skin.

**FAUNTED**—You can stop your hair falling in a few days' time. My modesty will not prevent me from saying that I am known as the only woman on the American stage who wears no wigs, puffs or other hair make-shifts. All the hair I have is my own. I grew it all through my own efforts. Here is the formula which is doing the same for hundreds of my readers and friends as for me:

Take a pint of alcohol with half a pint of water. To this add one ounce of beta-quinol. Shake thoroughly and then it will be ready to use. If you prefer, you can use imported bay rum instead of the water and alcohol. The beta-quinol you can get at almost any drug store for more than fifty cents. This formula should be applied very freely to the scalp after brushing it thoroughly for ten or fifteen minutes all over. Rub the tonic thoroughly into the scalp with the finger tips.

**Secrets Few People Know. Valeska Suratt, the Famous Self-Made Beauty Actress, Tells Some of Her Treasured Experiences.**

Any head of hair needs a shampoo to keep the scalp free from scurf, and let the roots breathe. Do not use soap. Use egg, which you can get at any good drug store for twenty-five cents. It has no equal as a shampoo.

**STELLA S.**—It is no uncommon thing for a woman to develop her bust several inches in a few weeks' time, naturally and safely, by using the following formula:

In a half pint of cold water, dissolve two ounces of sugar and half a cup of sugar, all well mixed together. Of this, take two teaspoonfuls three or four times a day in a glass of water, after your meals. The mixture will cost you one dollar at the drug store.

**ERUPTIONS.**—I do not wonder that ordinary tonics have not driven away your pimples. Here is a very effective, safe blood cleanser:

Diss